

**QC**

**IN THE CITY:**  
Courtland Lounge's  
antique decor inspires  
author **P. 5**

**CITY NEWS:**  
Birds, bees and  
butterflies on the Secret  
Gardens Tour **P. 11**

**INVENTORY:**  
Track & Trail makes  
life better outside  
**P. 22**

# BEING BRAVE

MAPPING THE MEDICAL JOURNEY  
OF KIDS LIKE SYDNEY DOROSH,  
BEADS OF COURAGE TELL STORIES  
OF PAIN, DETERMINATION AND HOPE  
**P. 6**



**FREE**

# The summer of value

Visit your Regina Canadian Tire Garden Centre today.



CANADA'S  
GARDENING  
STORE



**50% OFF\***  
or more  
**Shrubs and Trees**

\*off our original price



## Annuals

Assortment varies by store

**50% OFF\***  
or more

\*off our original price

## Vegetable Plants

From your garden to the kitchen table.  
Assorted varieties.

Images of mature vegetables at the  
end of growing season.

**50% OFF\***  
or more

\*off our original price



PRICES IN EFFECT

**Friday, July 5**  
**Thursday, July 11**

AVAILABLE ONLY AT

North Store  
655 Albert St.  
306-757-8608

South Store  
Southland Mall  
306-585-1334

East Store  
2325 Princes  
of Wales Dr.  
306-522-8473

# INDEX

## # ON THE COVER P. 6



Christy and Darin Danish hold Sydney's Beads of Courage at home in Regina. go next to BY MICHAEL BELL.

## # TABLE OF CONTENTS

### IN THE CITY — 4, 8

A moment in time: At Wascana Centre

### COVER — 6

Beads of Courage: a symbol of pain, determination and hope

### CITY NEWS — 11

Birds, bees and butterflies on the Soviet Garden Tour

### MUSIC — 12

The Dead South says cello to bluegrass

### FASHION — 14

Building on trends to create a personalized look

### PARENT TO PARENT — 15

Are there any aspects of parenting you'd offer your partner handles?

### EVENTS — 16, 18

### READ MY BOOK — 19

Wes Funk's first novel Dead Rock Shores is back and better than ever

### SHARP EATS — 20

Summer is time to cut fresh at farmers' markets

### CROSSWORDS AND SUDOKU — 21

### INVENTORY — 22

Track & Trail makes life better outside

### ASK ELLIE — 33

### OUTSIDE THE LINES — 24

Artist Stephanie McKay's weekly colouring creation

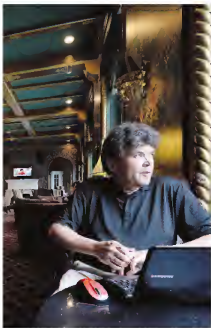
### ON THE SCENE — 25, 28

At Vera Allen — Elvis's Gospel & Love Songs

### WINE WORLD — 26

An ethical wine choice for vegans

## # MY FAVOURITE PLACE P. 5



Amyr Edwards' Wilkes finds his muse in the lounge at the Hotel Saskatchewan in Regina. QC PHOTO BY BRIAN SCHLOSSER

## QC COVER PHOTO BY MICHAEL BELL

QC is published by the Leader-Post — a division of Postmedia Network Inc. — at 1964 Park St Regina, Sask. S4N 3G4.

Postmedia's print is not on-line.

For advertising inquiries contact 781-6521; editorial 1-855-688-6557; home delivery 781-6522.

Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 1-855-688-6557.

# IN THE CITY

# SATURDAY, JULY 6, 2013 — 2:46 P.M.

## Cure for the summertime blues



A fan in the crowd at the Allie in Chains concert, Vancouver musician Doug Child smiles with his guitar under a tree in Massimo Centre in Phage, de Pheo in the city, BC.

## YOUR FAVOURITE PLACE

What's your favourite place in Regina? Email [qp@leaderpost.com](mailto:qp@leaderpost.com)

## # MY FAVOURITE PLACE

## Author's novel cure for writer's block

By Andrew Matto

Regina author Edward Willett usually works at his home office on Angus Street. But, when he's distracted or needs help focusing on creating another book or an science fiction novel, a change of scene reduces the likelihood of distraction and allows fresh inspiration.

His last great success at The Courtland Lounge, the main-floor dining area of the Hudson Place Hotel Saskatchewan where the quiet space and old-world decor serves as an antidote to writer's block.

**Q How long have you been writing the change novel?**  
**A** Probably close to 10 years now.

**Q And how often do you go?**  
**A** Usually, I'm there about once a week. Sometimes a little less.

**Q Why do you like it so much?**  
**A** The ambience is very nice. And it's just a quiet place to work. I like the feeling of old buildings and old places for some reason. I find it inspiring.

**Q Is it convenient?**  
**A** We've always lived within a few blocks of it. I find that I often write better when I am out of my area of the city. So, that is one of the places that I will go. I go to restaurants, coffee shops but I keep gravitating to the lounge. It's an old world feel right in the heart of Regina.

**Q Why do you drive your office to work?**  
**A** There are more distractions when I'm working in my office. The pesky Internet is a little easy to get to. You can get the Internet in the hotel lounge too, but it's not as attractive as my little notebook that I write on.

**Q How do you travel other places?**  
**A** I will write at various coffee shops downtown. If it gets busy



Edward Willett, just some editing work in the lounge at the Hotel Saskatchewan. An favourite place in Regina. [qp@leaderpost.com](mailto:qp@leaderpost.com)

or if there is somebody within two tables who's having a long conversation that's too loud I can't help but hear every word. I'll usually put on headphones. But if it's white noise, it doesn't bother me at all.

**Q What sort of writing does the lounge encourage?**  
**A** Usually, when I'm working at the lounge, I'm working on a first draft of something. What it gets to rewriting. I can do some of it there. But when it comes too loud overall, I need to do that at home where I

am able to get that little bit of extra concentration I need to fix the typos and inconsistencies.

**Q Does the lounge provide ideas?**  
**A** I write science fiction and fantasy. So maybe not science fiction so much but on the fantasy feel, there is a sort of exotic feel to the place. Maybe that helps.

**Q How long is a typical visit?**  
**A** I've spent two or three hours in there. But usually, I'm there for an hour, an hour and a half or two hours.

**Q Are there distracting sounds?**  
**A** It's a quiet place. It's certainly a more peaceful environment. As far back ground noise, I think it must have one CD with old jazz standards or something. I think I have heard it 19 million times. I remember Frank Sinatra comes on to sing Fly Me To The Moon every time I go there.

**Q Do you have a special table?**  
**A** My favourite table is my spot over in the corner as far away from the TV as you can get. If I have to sit closer, I sit with my back to the TV. Otherwise, it drives you crazy.

My only complaint is that they put a TV above the fireplace a couple of years ago. I hate the obnoxious TV screens everywhere you go. When they have it turned off, I really like that.

**Q Do you order food or beer?**  
**A** They have their own menu for lunch. It has the typical things like sandwiches and wraps. I often have the Mexican salad or the salad sandwich. As for beer, I usually have just one. But if I've walked and spend a long time there, I might have two. But never more than that.

## ON THE COVER

I just thought there had to be something more of a reward for these kids to go through this. — Doug Gillespie

## # BEADS OF COURAGE

## Beads a symbol of pain, determination and hope

By Angelina Irimaci  
with files from  
Ashley Martin

Every parent worries. Is my child too small? Too big? As a too hard on her? As I live forever? Will he need a walk later? Why isn't she making friends? What if he doesn't get into university? The concerns are endless and daunting. But then you hear someone else's story.

Elara Johnson is two and a half years old. She has curly blond hair, big, curious blue eyes and a heartwarming smile that shows off two clipped front teeth. She's sitting at her living room in Saskatoon, the sun pouring over her, while she happily plays with her beads. Elara has nearly 30 metres of beads, including three translucent red and pink heart-shaped ones. These signify the three open heart surgeries that Elara has endured — all before she was eight months old. A fish tank bead appeared the first time Elara took a breath on her own, without a ventilator. She was 70 days old. At almost one year, she earned an ice cream cone bead to celebrate the first time she ate solid food — she was a tube fed carbons at the hospital. Yellow and black beads probably take up the most room in Elara's string of beads. The sea of black beads is a reminder of the hundreds of times she's been "poked" by a needle while the yellow ones indicate every night she's slept at a hospital — too many to count.

Elara isn't the only child who earns these special beads. Almost 500 other children in Saskatchewan have experienced, and beads like the ones Elara is twirling between her tiny palms. They come from Beads of Courage, a nonprofit arts and medical program that helps children and their families cope with chronic illness. Its spokesperson was the first province

in the country to implement the program in its hospitals. Special beads are given to represent different parts of their medical journey. Children like Elara can wear the beads as a badge of honour, it's a visual timeline that denotes what they have been through and prepares them for what is ahead.

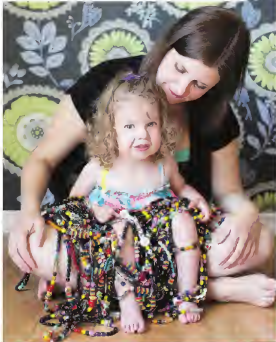
"I think it's awesome," says Elara's mother, Tara Johnson. "It's a permanent recording of their story and they can show their friends and family."

Although Tara knows what each and every bead represents, she does have a favourite: A big colourful polka-dot looking bead with yellow bumps. This bead was given to her on the first day she and her husband could bring Elara home from the hospital. They had to wait nearly five months for that moment.

When Elara was three days old, she went into cardiac arrest and doctors diagnosed her with a rare and complicated congenital heart disease, and a number of other heart defects. Surgery should be done within four or five days, but when Elara was born premature she was too small. She remained on life support and at five months old and weighing only 1.8 kg, Elara had her first open heart surgery — a procedure the doctor called "spooky." He gave her a 30 per cent chance of living.

"When you look at her and see her walking around, people don't really know how much she's endured and what she's been through and what she potentially has to go through in the future," says Tara.

Elara's future could resemble some of what Sydney Dorsch lives every day. On a cloudy week end in June, Sydney's biggest concern was preparing for her first time away at summer camp. Like most 11-year-olds, she was putting off packing, testing friends about what to wear in the forest (she doesn't own any dresses).



Tara Johnson and her daughter Elara holding her Beads of Courage. (CP photo by MICHELLE REED)

They don't have a lot of opportunities as everyday healthy kids in the hospital. So, we look for ways to create opportunity for them to take control. — Shaylene Smith



After her trache in Regina, Sydney Durash displays the beads she began collecting a year ago. (PHOTO BY MICHAEL BELL)

But the camp in Bright Creek, Alta., far from her home in Regina, is about much more than swimming and rock climbing. It's about meeting other kids like her.

Sydney, who also wears beads as a necklace — a tube in her stomach, because her trachea don't work properly. This particular procedure means she doesn't have a bag at

tached to the tube, so she can do her flash of home when it's convenient. The camp is huge for self-esteem, says Sydney's mom, Corry.

"You think you're broken, you think you're different."

When you look at her, you wouldn't think there's anything wrong, but Sydney has been sick since she was a baby. Today Syd-

ney's hair matches her beads — she's added coloured powder to dye her hair purple and green. Her dad walks in the room and notices, "Your hair's grown."

"Miss home," Sydney responds. Sydney is like most adolescent girls: she likes Instagram and plays the game Subway Surfers on her iPad. Home to pass the time. But for her,

this is during her bi-monthly trips to the Alberta Children's Hospital in Calgary.

Before she started collecting beads a year ago, her family along with a child life specialist at the Regina General Hospital estimated how many major procedures Sydney has endured in the previous 16 years. Many of the largest, nearly beads in her strong rep-

resent 100 smaller beads.

Like Elton, Sydney has numerous black beads, representing pokes that unlike Elton, Sydney knows what they mean. "They need to change the colours for that because I have way too many," says Sydney. "I get them every time I go in the hospital."

Continued on Page 12

When you look at her and see her walking around, people don't really know how much she's endured and what she's been through and what she potentially has to go through in the future. — Tara Johnson



Olivia Johnson and Elise at the Beads of Courage Color Festival Fun Run in Saskatoon. Throughout the race, volunteers throw colored powder on the runners to symbolize the beads. **OF PHOTOGRAPHY**

To get through difficult hospital stays, sometimes Sydney reattaches her beads and dresses up her room by hanging them on her IV poles. Though the beads are pretty and stand for so much, "It's old by now," says Sydney.

Understandably so. Since November she's spent 36 days in the hospital during four separate trips — one of which was in June, just before she was born.

Beads of Courage started in Arizona in 1989. In 2006, Saskatchewan's Doug Gilchrist, who sits on the Beads of Courage Canadian board of directors, brought it to Saskatchewan. It's now also in Alberta and Ontario. He was receiving his own cancer treatment when he saw child cancer patients in

a neonatal intensive care unit, he then made a resolution.

"I just thought there had to be something more of a reward for these kids to go through this," says Gilchrist.

Two days later, he saw a television program promoting Beads of Courage and soon he and his friends were organizing a fundraiser to start a Saskatchewan chapter. They raised around \$50,000, enough to establish the program. Now Beads of Courage is in those hospitals in the province: Regina General and Pasqua Hospital in Regina, and Royal University Hospital (RUBH) in Saskatoon.

Recreational therapist Stephanie Smith regularly heads out beads and

says it empowers the children. Her job at RUBH is to help children and families cope with the stress of illness, disability and hospitalization. (It is as she describes it, she "makes the hospital a less scary place for children.") She says that since Beads of Courage has been implemented at the hospital, she has seen a dramatic change in the relationship between hospital staff and children and their families. Smith says having something to look forward to makes coping easier for the children.

"They don't have a lot of opportunities on everyday healthy kids in the hospital. So we look for ways to create opportunities for them to take control."

Although Sydney doesn't live in the hospital, she does spend at least an hour a day doing her beads, which involve two kinds of "beads" and "cotton solutions" and 45 minutes sitting on the toilet.

If she wants to go to a friend's house for a sleepover, she has to do her beads before she goes. Skipping one could ultimately land her in the hospital for a high dose medical beads. Many of her hospitalizations have been to get her beads properly cleaned out so she can sit again.

"You do everything in your power not to miss a bead," says Carrie.

Olivia and her family also have a medical regime to follow even though now she looks like a regular

kid, healthy and happy toddler. She loves Lake Opechee, is enrolled in swimming lessons and is working on potty training. She's bright, engaging and whether it's peace or a hug from her mom, she makes it clear what she needs. But, after spending some time with Olivia you realize things are not settling near down the center of her hip clasp. Her reduced mobility, she can't sit down or get up on her own. And she has speech apraxia, which makes her words come out as a very messy growl. What you can't see is a small hole in her heart. She requires oxygen to sleep every night and has at least three doctor appointments a week. With all of this, Tara says it's hard to have "why me?" moments.



## When you start this journey alone, you're scared, there's so much information to take — Tara Johnson

"Why did this happen to us? Why did she have to be sick and why does she struggle so hard and can I do things that other kids can?"

Looking at the heads given her strength, it reminds her of what Kiana has already overcome.

The heads also help us dealing with specific procedures in Kiana's case, she's been poked so often that her veins are scarred, making it difficult to draw blood.

I have to put my arm across her chest and hold her down. She looks me in the eye and begs me and says, 'Mamma, mamma.' And she cries and begs me not to do it."

That's why Tara is running once more on the path of the journey. She wants other families to benefit from it. In early June, she and a friend (whose son also earns heads) organized the Heads of Courage Festival. Plus Run in Saskatoon. All of the \$15,000 raised was donated directly to the program in Saskatchewan. Over 300 people ran the five-kilometre race, some of them holding "team heads." After the run, they wrote a message of encouragement and sent it along with one head from the string back to Heads of Courage for it to get passed along to a sick child. Heads of Courage children across the world will know that someone in Saskatchewan ran the race in their honour.

The run symbolized a road of journey and volunteers three brightly coloured powder on the runners to symbolize heads.

"Nobody plans for their child to get sick — when you start this journey alone, you're scared, there's so much information to take," says Tara. "Everyone was starting the run the same and as they made their way through, they seemed lifted somehow."

Brian can relate. "I guess you get used to it. At first it seemed like a lot of work, but now it's just a part of life."

The Beresh family is used to it: typical holidays. They go on mud and related trips for Sydney — less school and work is missed that way. Air travel is difficult, they need special permission to carry on Sydney's medications and supplement drinks, which she takes when she's



Curti Sydney Cheley and Ivan Douc. PHOTOS BY MICHAEL STELL

Feeling ill and can't have real food.

Then there are political challenges Sydney is one of only three people in Saskatchewan with a company as financial support is scarce. The family has been fighting to get funding for everyday supplies, which total thousands of dollars each year.

The camp aims to make Sydney feel less alone while dealing with these types of issues. While she'll likely have the illness for the rest of her life — it could change with puberty — far better or far worse is unknown. For now, she's still as 11-year-old who plays soccer and hangs out with her friends. She

shows them her heads when they come over, but it's not a big deal to them.

"My friends say, 'They're cool!'" says Sydney. "They're cool!" They really say anything," says Sydney. "Yes, it's concerned that, one day, Kiana may not be as lucky like says the worries that Kiana may get made fun of at school

for being different. But if she does, Tara knows her daughter has one thing to keep her strong. When things get tough, she hopes Kiana will look at her heads and think, 'If I can overcome this, I can overcome anything.'"

Tara really believes that she can

# GET YOUR MONSTER ON!

NEW VISITING EXHIBIT

## HOW TO MAKE A MONSTER

THE ART & TECHNOLOGY OF ANIMATRONICS

**Opens Saturday, July 13**  
For a limited time only!

Find out how movie monsters come to life in this amazing behind-the-scenes exhibit!

Design, engineering, animatronics, and sculpting converge to create the life-like creatures that thrill and entertain us. See movie and television monsters and animatronics from *Pitch Black*, *Peter Pan*, *George of the Jungle 2*, *Inspector Gadget 2*, and much more.

**HANDS ON!** Make a mermaid's tail move, grab control of a dinosaur, and even get up close and personal with a giant crocodile! Push buttons, pull levers, and see how the creatures react. Then grab some modeling clay and create your very own monsters!

Suitable for all ages, *How to Make a Monster* has something for everybody, but it's only here for a limited time! So head down to the Saskatchewan Science Centre today and

**GET YOUR MONSTER ON!**

WELCOME TO YOUR

Official Sponsor



SASKATCHEWAN  
SCIENCE CENTRE

1000 - 10th Avenue, Saskatoon, SK S7N 3H5



Learn more! Visit [sasksciencecentre.com/qcmonster](http://sasksciencecentre.com/qcmonster)

# CITY NEWS

## # SECRET GARDEN TOUR

# Gardens grow on encouragement from neighbours

By Andrew Matto

A lesson in estimating friendly neighbour relations is a bonus feature to this summer's Secret Gardens Tour.

Not only will lovers of landscape design be dazzled by the work of late-summer garden thespians, they'll also see how even the finest chateaus between neighbours blossomed into a high light of the weekend event.

Of the 16 locations on this year's tour, five belong to gardeners whose work not only caught the eye of organizers but also shared both a neighbourhood and a passion for personal style.

The homeowners' approach to her location and four criteria had their proximity to one another was not an added bonus at least for the sake of the convenience of ticketbuyers with an affection for aesthetics.

"They are neighbours who have inspired each other to develop their gardens over the years. It's really cool," said Amber Goodwyn of New Dance Horizons, the organizer and beneficiary of the annual fundraiser.

The tour is about of gardens, which means issues such as timing and scheduling are left to the whim of ticketbuyers. Or as organizers note, the event is a "voluntary pilgrimage."

The event kicks off with a pre-event, an outdoor-themed performance art presentation outside the main branch of the Regina Public Library. The event, held at the library's 15th Avenue station garden on July 10, will feature performers dressed as references and other creatures from the sea.

The garden tour starts later in the week. Added to the colourful backdrop displays and creative patio designs are workshops and guest gardeners who will give presentations at various locations throughout the weekend.

This year's theme is Birds, Bees and Butterflies, which is meant to celebrate the life and movement associated with gardens. And like the



Ben Moran visits his garden, which is being featured on this year's New Dance Horizons Secret Garden Tour. go.horizon.ca for more. BY NICK LALICK

locations of the gardens themselves, private of dance performances to be held at garden locations are shared only with those who buy a ticket.

Goodwyn acknowledges it wouldn't be fair to supporters of the tour if garden locations were made public. "It also helps us with event control. As you can appreciate, we can get quite a number of people going through private gardens," she said.

There are three public gardens on the tour, which also features a few gardens that participated in previous years. "The majority of them are new that we have a few repeats," said Goodwyn.

The 16th annual tour is held to raise money for New Dance Horizons, a not-for-profit arts organization that

promotes contemporary dance productions.

"Dance is a very expensive art form to produce. And sometimes, it's not as understood as it could be. So it is really important for us to get that message out," said Goodwyn.

Gardens with featured host plant offerings are available on July 12 and 13 between 1 p.m. and 10 p.m. Flower lovers can take in gardens during the day on July 13 and 14 between 10 a.m. and 4 p.m.

Tickets are \$40 and are available at Dutch Growers at 2000 Pasqua St., Quaker Garden Centre, 132 N. Broad St. and at New Dance Horizons at 3007 Harvey St. Vouchers can be redeemed for tour passpports on or after July 8 at New Dance Horizons.



## MUSIC

We're on Facebook:  
Visit us at [Facebook.com/qcregina](http://Facebook.com/qcregina)

# THE DEAD SOUTH

# Quartet says cello to bluegrass



The Dead South band members: Casey Karpow, Scott Pringle, Mike Hahn and Colton Crawford. (qcregina.com photo by Josh Heston)

By Ashley Martin

The Dead South can trace its roots to Minnesota band Transcend by Turbos, and to Colton Crawford's bangs per chance.

Shortly after the latter, while listening to the former, Crawford and his friend Nate Hahn agreed they'd like to be in a bluegrass band. Neither had played bluegrass music before.

Colton Deany Karpow, who joined next, was in the same boat.

At first I was playing hard cello,

like cello-sax," said Karpow. "As the season progressed and as we started to write more different songs, the whole bluegrass — BOM-bom-bom" just started to come into place.

Then another learning curve with Scott Pringle.

"Picked up a mandolin for the first time, didn't know how to play it at all," said Pringle. "I'd never even listened to bluegrass."

But the growing pains were short-lived. The Dead South has had a quick rise to success since its start

last September.

The group played for a crowd of 2,000 at the Regina Presler's Dinner in May, which is now lead-singer Hahn learned "I got more nervous playing in front of 30 people than I do in front of a large crowd for some reason."

The band is now at Alberta, in the midst of an intergenerational tour to support its first EP, which was recorded off the floor at Regina's Soul Sound.

"Everything's kind of blowing up pretty fast," said Crawford.

The Dead South's sound is as appealing as its names choice — whole bottom-down, wagnerian, and ties at every show — drawing from influences like Old Crow Medicine Show, Steve Martin and Richard Daddario. Unlike most bluegrass bands, The Dead South lacks a standup bass, but Karpow's cello serves well.

The double bass "has a whole different range than I do. But it does work to my advantage because I can play fiddle solos if I want to," he said.

"It's kind of the best of both worlds,

between having a bass and a fiddle. It kind of fits that middle ground," said Pringle. "I don't think anyone else is doing it. Never heard of a cello being played as a bass before."

From their first live, the four friends half-jokingly hope for "Gone with the Wind."

But they all have good careers, so music "can be play without becoming work," said Crawford.

Hahn is studying to become a French teacher. Pringle and Crawford are teachers, and Karpow is an engineer.

# 35<sup>th</sup> ANNIVERSARY CELEBRATION

NO PAYMENTS FOR  
90 DAYS OAC

2008 BMW 128i

2008 BMW 128i  
fully loaded sport  
interior, sunroof,  
automatic, leather  
upholstery in great  
condition



**\$23,900 PST PAID**

2009 BMW 328i

2009 BMW 328i  
fully loaded with  
leather, sunroof, alloy  
wheels



**\$24,900**

2010 Lexus RX350 Premium 2

2010 Lexus  
RX350 Premium 2  
fully loaded with  
leather, sunroof,  
alloy wheels, DVD



**\$34,900**

2009 Honda Odyssey DX

2009 Honda  
Odyssey DX  
fully loaded with  
leather



**\$19,900 PST PAID**

2008 Infiniti Ex35 AWD

2008 Infiniti  
Ex35 AWD  
fully loaded with  
leather, sunroof,  
alloy wheels  
**WAS \$27,900**



**NOW \$24,500**

2010 Lexus RX 350

2010 Lexus  
RX 350  
fully loaded with  
leather, sunroof,  
alloy wheels, DVD  
**WAS \$33,900**



**\$33,900**

2011 Toyota FJ Cruiser

2011 Toyota  
FJ Cruiser  
fully loaded with  
leather, sunroof,  
alloy wheels, DVD  
**WAS \$33,500**



**\$33,500 PST PAID**

2012 Toyota Highlander Sport AWD

2012 Toyota  
Highlander Sport  
AWD  
fully loaded with  
leather, sunroof,  
alloy wheels, DVD  
**WAS \$35,900**



**\$35,900**

2010 Toyota Prius B-Package

2010 Toyota  
Prius B-Package  
fully loaded with  
leather, sunroof,  
alloy wheels, DVD  
**WAS \$20,900**



**\$20,900**

2012 Nissan Titan

2012 Nissan  
Titan  
fully loaded with  
leather, sunroof,  
alloy wheels, DVD  
**WAS \$29,900**



**NOW \$28,500**

## WEEKEND SPECIALS



2011 Chevy LE V6

2011 Chevy  
LE V6  
fully loaded with  
leather, sunroof,  
alloy wheels, DVD  
**WAS \$22,900**

**NOW \$18,900**



2013 Mustang GT Convertible

2013 Mustang  
GT Convertible  
fully loaded with  
leather, sunroof,  
alloy wheels, DVD  
**WAS \$39,500**

**NOW \$36,500**



2009 Lexus ES 350 Premium 2

2009 Lexus  
ES 350 Premium 2  
fully loaded with  
leather, sunroof,  
alloy wheels, DVD  
**WAS \$25,900**

**\$25,900**

2012 Jeep Grand Cherokee Laredo SUV

2012 Jeep  
Grand Cherokee  
Laredo SUV  
fully loaded with  
leather, sunroof,  
alloy wheels, DVD  
**WAS \$29,900**



**\$29,900**

Visit  
**www.taylortoyota.ca**  
to see our inventory

*Satisfaction is Taylor Made*  
**www.taylorautogroup.ca**

**TAYLOR**  
LEXUS TOYOTA

**LEXUS**  
Certified  
PRE-OWNED  
VEHICLES

TOYOTA  
Certified  
PRE-OWNED  
VEHICLES  
ON THE BROAD STREET AUTO MILE...  
**www.taylortoyota.ca**

**TAYLOR'S USED VEHICLES**  
605 BROAD ST.  
569-8777  
DL# 915804

# FASHION

What's your favourite summer fashion trend?  
Email [QC@leaderpost.com](mailto:QC@leaderpost.com)

## #SASKATCHEWAN FASHION

# Alex Simon: Studs, dresses and everything in between

By Angelina Irlino

Alex Simon has a hard time placing her style one day she'll wear an army jacket and combat boots, and the next day a feminine dress. But the dress alone wouldn't be enough, she likely layer the same styled-in-jugget over it. Although her look changes day to day, Simon typically has a grunge or '80s and '90s inspired outfit on. Regardless of what she's wearing it's bound to get noticed.

"I think some people would probably turn around and look at me," — maybe a good way to get noticed — but either way it doesn't matter to me. Everyone's their own person and they can dress the way they want."

Fashion is extremely important to the 23-year-old, she says what she wears reflects her personality.

Simon also helps other women to do the same, she has been working at Dutch Growners in Saskatoon for almost five years and is now one of the fashion managers. Simon finds her passion in helping dress others, whether it's for a special occasion or just everyday wear. She also does the styling for fashion shows at the store, which she says are fast-paced and sometimes stressful. But she loves the business — she styles numerous outfits for each show.

"I try to make sure they are all different — trendy, but all different."

Just like her style, White Simon likes to be a mix of ideas and eccentricities for ideas and to keep up on trends (she'd love to trade cloths with Rihanna or Miley Cyrus), she says that it's more for inspiration than anything else.

"I try to take these trends and then create my own take on them."

Simon has always appreciated fashion — it started at a young age because of her mother, who she says always said — and still is — a "fashion lady." Her mother's influence planted the fashion seed and as Simon grew up she travelled a lot where she got to experience different kinds of fashion. A trip to Australia in 2010 really got her inspired. She recalls seeing the women who all dressed like models and thinking "Oh, I want to start dressing like that."

But now Simon doesn't feel that she needs to travel across the globe to see fabulous fashion. She's thrilled with the city's fashion scene and how quickly it's growing. "I feel like there's lots of people in Saskatoon that have really awesome style and very unique style. They're just expressing themselves through their clothes, too."

## Outfit:

**1. SUNGLASSES** Raybans, bought from Team Sports Park. They have a John Lennon style to them. I think that's fun and kind of vintage.

**2. EARRINGS** Zoya.

**3. NECKLACES** First, Dutch Growners. Second, Dutch Growners. Third, Forever 21 Fourth, Forever 21. (Simon shows from Forever 21 from boyfriend.)

"It's all about having three or more necklaces at a time — it just can be just off. It can be a little hard if the lengths aren't right, but when you find the necklaces that can fit together, it looks really cool."

**4. JACKET** Urban Planet. "I've been wearing it with my high-waisted shorts and combat boots. But I also like wearing it over feminine dresses."

**5. TANK TOP** Vero Moda from Dutch Growners. "It's a rich colour (red) it can go through all the seasons."

**6. RINGS** Modie (crunk), La Sophia. Gault Dutch Growners. Wearing Aldo Accessories.

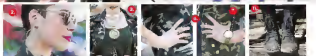
**7. WATCH** Betsey Johnson from Dutch Growners. "It's really easy to read the face, which is fun."

**8. BELT** Value Village. "It was a good find — about \$9.99. I was pretty happy with it."

**9. HIGH-WAISTED SHORTS** American Apparel. "They are the most comfortable style for my body type and the most flattering style as well."

**10. TIGHT HIGHS** American Apparel. "They are easy to wear in all seasons and they are also affordable."

**11. BOOTS** Steve Madden from Dutch Growners. "I love them because they have studs on them. I'm really into that kind."



Alex Simon poses behind Lydie's Pub in Saskatoon in her wearable army jacket and combat boots. QC photos by Nicole LaRonde.

**NEXT WEEK:** At what age should a child receive an allowance? **Email QC@leaderpost.com**

## # PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

# Are there any aspects of parenting you'd rather leave to your partner to handle?



"We puberty and sex talks with my boys"  
—Caren Shaw

"We drive stuff. After the school work, lessons and eventually the sex talk. I'm not the playing piano and sports stuff down though."  
—via Twitter @monodino

"My son's 6 is in hockey practices" —Julie S

"Not now. We are both active in all aspects of parenting our boys but when it comes time to the kids and the dogs. I think I can leave that one up to dad!" —Sheila Lambert

"We try to parent equally, but there are days when I'm tired or not feeling well so I leave it up to him. The kids have also learned that if they don't like the answer I've given them, they can ask their dad. Most often he will tell me, but at times the kids get lucky and get a better answer."  
—Daria Conditova

"Not! Playing for things. And driving lessons."  
—Bonnie Kretschmer

"Bedtime, bathing, homework, tooth brushing, pajama-changing. If required I can take over at storytime, but can't roll over/and kids into the bedtime routine makes me tired!" —Nicole Chorney

"Not yet. With five kids right and under we each have to do it all, but I maybe change my answer once the two girls are teens!" —via Twitter @DrJelly

"I'm involved with every aspect of parenting. We desire to leave things up to our husband."  
—Michelle Gracich

"Homework. My husband is more patient than I am and thus makes a better homework partner."  
—Maki-Melink

"Hair washing, tooth brushing and homework. I'd be thrilled!" —Ryan Lemuel

Star-Bag is from a vintage store. 1/10

**PANDORA®**  
UNFORGETTABLE MOMENTS

**WP INSIDE**

5-4621 Rae St, Regina • 306.586.1505

254 University Park Drive, Regina • 306.586.2929



© 2013 Pandora Jewelry LLC. All rights reserved. #PANDORA.NET

## EVENTS

## # MUSIC

Thursday, July 11

## Val Halla

Moos, Regina, Downtown summer concert series  
5 p.m. - 9 p.m., South Street

## The Wolfbros

Casino Regina Show Lounge  
1600 Saskatchewan Dr.

Cruce Country Jamboree  
Beer Garden

Delvine Tuleita, Chris Henderson,  
Alex Dunsmuir, Williams &  
Rec, Phil Vassar, Wildlife

Day Trip with 1st Assistant  
McNelly's, 2226 Dewdney Ave.Distances, Leadz Kitzelner,  
PandaCrew

The Club at the Exchange  
3:30 p.m. - 8 p.m.

Friday, July 12

## AlohaKalei

McNelly's, 2226 Dewdney Ave.

## Big Chill Presents: DJ Pocket

The Laneside, 4525 Gordon Rd.

## Cruce's Art Summer Festival

Westminster Blvd & Blue Bell,  
Impresso Chok, Impassable  
Vibrant, Tribal Allen Beings  
Artful Dodger, 1631 11th Ave.

Cruce Country Jamboree  
Mainstage

4 p.m. - Small Town Pickle  
5:30 p.m. - Sawyer Down  
7 p.m. - Burntley Gilbert  
9 p.m. - Tim Johnson

Cruce Country Jamboree  
Beer Garden

Wildfire, Third Degree Blues,  
Alex Dunsmuir, Tequila Wren-  
glers, The Offshore Band

Saturday, July 13

## AlohaKalei

McNelly's, 2226 Dewdney Ave.

## Cruce's Art Summer Festival

Westminster Blvd & Blue

Beats, Tribal Allen Beings, Tree  
Daggers, The Snake Oil Saloon  
Band, Electric Mother, Impass  
Joseph, DJ Solips

Artful Dodger, 1631 11th Ave.

Cruce Country Jamboree  
Mainstage

2:30 p.m. - High Valley  
4 p.m. - Williams & Rec  
5:30 p.m. - Randy Travis  
7 p.m. - Doc Walker  
9 p.m. - Dick Chicka

Cruce Country Jamboree  
Beer Garden

The Offshore Band, Alex Dun-  
smuir, Delvine Tuleita, Third  
Degree Blues, Chris Henderson

Sunday, July 14

Cruce Country Jamboree  
Mainstage

1 p.m. - 2013 CORM Big Talent  
Contest Winner  
2:30 p.m. - Neil Anderson  
4 p.m. - Gwynne  
5:30 p.m. - Chad Brownline  
7 p.m. - Scotty McCreery  
9:30 p.m. - Kenny Chesey

Cruce Country Jamboree  
Beer Garden

The Offshore Band, Delvine  
Tuleita, Jason Elaine, Tequila  
Wrenglers

Monday, July 15

Monday Night Jazz & Blues  
The Jeff Merittik Blues Duo

Burnsmead, 2206 Dewdney

Tuesday, July 16

## Jazz Night

Every Tuesday, 8 p.m.  
Bookings, 2037 Park St.

## Kiss

Brooks Centre  
1000 Elphinstone St.

Holy Grail, AHS-Morison,  
Basswood Light

The Exchange, 2431 8th Ave.

Kacy & Clayton with Marshall  
Burns

On the City Cafe Live  
1643 Havelock St.

Rezeath  
Casino Regina Show Lounge  
1600 Saskatchewan Dr.

Wednesday, July 17

Wednesday Night Folk: The  
Hutty aagers

Rutherford  
2206 Dewdney Ave.

## Jazz Night

Every Wednesday  
McNelly's, 2226 Dewdney Ave.

## Pat Bennett and Neil Skoldo

Casino Regina Show Lounge  
1600 Saskatchewan Dr.

## # ART

## Legs

Photography and media art by  
Kris Sundhagen  
Opening Reception and dance  
Party, July 12, 5:30 p.m. - late  
inside until Aug. 5  
Fifth Parallel Galleries, U of R  
1631 Centre  
2027 Wisconsin Parkway

## Jazz City Market

Weekly community-based  
marketplace with live artistic  
performances  
July 14, 3-7 p.m.  
Cathedral Neighbourhood  
Centre, 2500 12th Ave.

## Alignments

A series of texts, images and  
objects by Kevin Brodeur and  
Lion Barish  
Until July 13, Neutrol Ground,  
4203 18th South St.

The Power of Musical In-  
tegrity and the James

Until July 31, Royal Saskatche-  
wan Museum, 2445 Albert St.

## Pleasant Slaves

Video comment on acts in  
public visual space  
Until Aug. 9, Neutrol Ground  
4203 18th South St.

## Contemporary Tales

Webcomics by Joseph  
Anderson.

UVIS Aug. 11, Danzig Art  
Gallery - Central Library, 2031-  
12th Ave.

The Artists of Scott Nichol-  
son Fine Arts

UVIS Aug. 21, Regina Centre  
Crossing, 1621 Albert St.

## Play

An Interactive Installation  
by Kathleen Irwin and Jeff  
Morison, using plane-wood and  
images.  
Until Aug. 23, Danzig Art  
Gallery - Central Library, 2031-  
12th Ave.

## Dinner and

Saskatchewan Craft Council  
show, UVIS Aug. 25  
MacKenzie Art Gallery, 3475  
Albert St.

## David Gessau

UVIS Aug. 31, Myerline Gallery,  
2708 13th Ave.

How We Filled the Vault: 60  
Years of Collecting at the

MacKenzie Art Gallery  
Until Sept. 1, MacKenzie Art  
Gallery, 3475 Albert St.

Sam Steele: The Journey of  
Canadian Hero

Until Sept. 2, RCMP Heritage  
Museum, 5907 Dewdney Ave.

Sweetest Hits: The June/June  
of Canadian Art

Until Nov. 30, MacKenzie Art  
Gallery, 3475 Albert St.

## Jazz and Blues

2445 South St.  
Open Tuesday to Friday 10  
a.m. - 5:30 p.m., Saturday 10  
a.m. - 5 p.m.

## Nouveau Gallery

2140 Albert St.  
Open Tuesday to Saturday, 10  
a.m. - 5 p.m.

## Slate Fine Art Gallery

2029 Halifax St.  
Open Tuesday to Friday, 10  
a.m. - 6 p.m., Saturday 10 a.m. -  
5 p.m.

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # COMEDY

## ComedyCred

Every Saturday night  
Gibbler's, 2330 Dewdney Ave.

## # THEATRE

REGINA INTERNATIONAL  
FRINGE THEATRE FESTIVAL

JULY 11

3 p.m. - Promise & Promise  
A New Musical by Jane  
Austin & Penny Ashton

5:15 p.m. - Tales From the  
Nightlight

7:30 p.m. - Casanova Quotidian  
5:15 p.m. - First Lonely At Last  
The Artistes, 2627 13th Ave.

3:30 p.m. - How Much I Want  
is Facts

5:15 p.m. - The Best Damn  
Home in the Country

7:30 p.m. - Complete History  
of the Moatside

9:15 p.m. - Mummy the Stunt  
Puppet

St. Mary's Anglican Church,  
3337 10th Ave.

4 p.m. - Circle

4:45 p.m. - Half Her Age

8 p.m. - Turn of the Screw  
Royal Saskatchewan Museum,  
2445 Albert St.

3:30 p.m. - One Fine Over the  
Cubicle

5:15 p.m. - Forget Me Not

7:30 p.m. - Everedwood

9:15 p.m. - Never Over Anything  
You Have to Move or Find  
Unlabeled Centre,  
2700 Colborne Ave.

3 p.m. - Dirty Shoes

4:45 p.m. - Confessions of a  
Fairy's Daughter

7:30 p.m. - Melchior  
MacKenzie Art Gallery, 3475  
Albert St.

JULY 12

3 p.m. - First Lonely At Last

4:45 p.m. - Promise & Promise  
A New Musical by Jane  
Austin & Penny Ashton

7:30 p.m. - Tales From the

Twilight

9:15 p.m. - Casanova Quotidian  
The Artistes, 2627 13th Ave.

3:30 p.m. - Mummy the Stunt  
Puppet

5:15 p.m. - Now, What I Want  
is Facts

7:30 p.m. - The Best Damn  
Home in the Country

9:15 p.m. - Complete History  
of the Moatside

St. Mary's Anglican Church,  
3337 10th Ave.

3 p.m. - Matchbook

5:15 p.m. - Dirty Shoes

7:30 p.m. - Confessions of a  
Fairy's Daughter

MacKenzie Art Gallery, 3475  
Albert St.

4:30 p.m. - Turn of the Screw

6:30 p.m. - Circle

8:30 p.m. - Half Her Age

Royal Saskatchewan Museum,  
2445 Albert St.

3:30 p.m. - Never Over Any-  
thing You Have to Move or Find

the Cubicle

7:30 p.m. - Forget Me Not

9:15 p.m. - Everedwood

Unlabeled Centre,  
2700 Colborne Ave.

JULY 13

1:30 p.m. - Complete History  
of the Moatside

3:15 p.m. - Mummy the Stunt  
Puppet

5:30 p.m. - Now, What I Want  
is Facts

7:15 p.m. - The Best Damn  
Home in the Country

St. Mary's Anglican Church,  
3337 10th Ave.

2 p.m. - Confessions of a  
Fairy's Daughter

4:15 p.m. - Matchbook

7 p.m. - Dirty Shoes

MacKenzie Art Gallery, 3475  
Albert St.

5:30 p.m. - Half Her Age

5:15 p.m. - Turn of the Screw

7:30 p.m. - Circle

Royal Saskatchewan Museum,  
2445 Albert St.

7:30 p.m. - Tales From the

Continued on Page 18



# exTREM<sup>e</sup> FUN

JULY 31 - AUGUST 4, 2013

## Queen cityex

MOUSON CANADIAN

### LIVE GRANDSTAND

Presented by  
**Mosaic**

#### CLASSIFIED



WEDNESDAY, JULY 31

Presented by  
**conexus**

#### THREE DAYS GRACE



THURSDAY, AUGUST 1

Presented by  
**PEASMOBILE**

#### LOVERBOY



FRIDAY, AUGUST 2

Presented by  
**EVRAZOLLO**

#### SIMPLE PLAN



SATURDAY, AUGUST 3

Presented by  
**SaskTel**

#### RODNEY ATKINS



SUNDAY, AUGUST 4

Presented by  
**Mosaic**

#### SHREK



SATURDAY &amp; SUNDAY

Presented by  
**SAFARIWAY**

TICKETS ARE AVAILABLE AT



SPONSORED BY



SAFARIWAY


[WWW.THEQUEENCITYEX.COM](http://WWW.THEQUEENCITYEX.COM)


## EVENTS

1:30 p.m. - Forget the Nat  
3:15 p.m. - Never Own Anything  
You Have to Paint or Feed  
5:30 p.m. - One Hour Over the  
Celtic  
7:30 p.m. - Bardonia  
Unitarian Centre, 2090 Col-  
lege Ave.

Noon - Canuck Quiche  
4:45 p.m. - Friz: Lonely At Last  
4:5 p.m. - Premise & Premis-  
cally: A New Musical by Jane  
Austin & Penny Ashton  
6:15 p.m. - Take From This  
The Artisan, 3527 13th Ave.

## JULY 14

1 p.m. - Take From This  
2:45 p.m. - Canuck Quiche  
5 p.m. - Friz: Lonely At Last  
6:45 p.m. - Premise & Premis-  
cally: A New Musical by Jane  
Austin & Penny Ashton  
The Artisan, 3527 13th Ave.

1:30 p.m. - The Best Darn  
Henwife in the County  
3:15 p.m. - Complete History  
of the Meutache  
5:30 p.m. - Mums the Start  
Puppet  
7:30 p.m. - New, What I Want  
to Facts  
St. Mary's Anglican Church,  
3337 10th Ave.

1:30 p.m. - Busty Short  
3:15 p.m. - Confessions of a  
Fairy's Daughter  
6 p.m. - Multicultural  
McKenzie Art Gallery, 3475  
Albert St.

1:30 p.m. - Bardonia  
3 p.m. - Forget the Nat  
5:15 p.m. - Never Own Anything  
You Have to Paint or Feed  
7 p.m. - One Hour Over the  
Celtic  
Unitarian Centre, 2090 Col-  
lege Ave.

2 p.m. - Circle  
3:45 p.m. - Half Her Age  
6 p.m. - Turn of the Screw  
Royal Saskatchewan Museum,  
3445 Albert St.



*Drone & Drone: A New Musical by Jane Austin & Penny Ashton* will be performed at the Regine Frenkel Theatre.

**Nunsense II: The Second  
Coming**  
July 11-13, 7:30 p.m.,  
July 14, 2 p.m. - Regine Frenkel  
Theatre Arts Centre,  
1077 Angus St.

**Spirits of the Trail**  
July 14, 2 p.m.  
RCMP Heritage Centre

**The Trial of Louis Riel**  
July 17-19, 7:30 p.m.

**Shawna's Theatre: Muck-  
en Art Gallery,**  
3475 Albert St.

**Les Misérables**  
Evening shows July 15-21,  
matinees July 20 and 21  
Concession Arts Centre, 300  
Lakeshore St.

## SPECIAL EVENTS

**Yoga Party**  
July 11, 5-6 p.m.  
Victoria Park, downtown

**Salsa on the Plaza**  
Hosted by Regina Salsiers  
July 12, 7-10 p.m.  
City Square Plaza, downtown

**Art in the Park**  
Hosted by Outlook Art Gallery  
July 12, noon-1:30 p.m.  
Victoria Park, downtown

**Friday Film Fun**  
Madagascar 3  
July 12, 2:30-4:30 p.m.  
Regal Sask. Museum, 3445  
Albert St.

**New Dance Performers' Recital**  
**Canadian Tour**  
July 12 & 13, 7-10 p.m.  
July 13 & 14, 10 a.m.-4 p.m.  
Reservations available at NDH,  
2207 Harvey St.

**Regina Red Sox vs. Milwaukee  
Millwaukee**  
July 12, 7:05 p.m.  
Comet Field, Ring Road and  
Winnipeg Street

**Regina Farmers' Market**  
Every Saturday 9 a.m.-1 p.m.  
City Square Plaza, downtown

**Sensational**  
Saturdays in the Summer  
July 13, 11 a.m.-3:30 p.m.  
Regal Sask. Museum, 3445  
Albert St.

**YogaFlow with Devine  
Husker**  
July 13, noon-1 p.m.  
Victoria Park, downtown

**Sports in the Park with  
Saskatchewan Sports Hall  
of Fame**  
July 15, 9:00-10:30 a.m.  
Victoria Park, downtown

**Chess in the Park**  
July 16, 10:00 a.m.-1:30 p.m.  
Victoria Park, downtown

**Ultimate Frisbee**  
July 15, 5:15-6:30 p.m.  
Victoria Park, downtown

**Sunset Retreat: Germany**  
July 15, 6:30 p.m.  
RCMP Depot Division, 3400  
13th Ave.

**Regina Red Sox vs. Milwaukee  
Millwaukee**  
July 16, 7:05 p.m.  
Comet Field, Ring Road and  
Winnipeg Street

**Regina Farmers' Market**  
Every Wednesday, 9 a.m.-1  
p.m.  
City Square Plaza, downtown

**Words in the Park**  
Hosted by Saskatchewan  
Writers Guild

July 12, noon-1 p.m.  
Victoria Park, downtown

## NEW MOVIES

**Grown Ups 2**  
Comedy  
A group of childhood friends  
reunite for another "grown up"  
adventure. Hollywood agent  
Lenny (Adam Sandler)  
has moved his family from the  
big city to his quiet home-  
town, where he and his four  
best friends (played by Kevin  
James, David Spade, Chris  
Rock and Rob Schneider)  
grow up. Now, on the last  
day of school, it is up to the  
children to teach their parents  
some lessons.

**Pacific War**  
Action  
When gloriol Kala members  
started rising from the sea,  
a war began that would take  
millions of lives and ensure  
humanity's resources for  
years on end. To combat the  
Kala massive robot weapons  
called Jaegers which invented,  
controlled by two pilots  
whose minds are locked in a  
neural bridge. On the verge of  
defeat, a washed up former  
pilot (Charlie Hensen) and a  
brink (Rinko Kikuchi)  
are mankind's last hope against  
the invading apocalypse  
Directed by Guillermo del Toro

**Gully Cinema**  
420 McCarthy Blvd. N.  
306-122-1018

**Cinemas Odeon**  
Southland Mall Cinema 4  
3025 Gordon Rd., 305-553-  
3383  
Huggins Public Library Theatre  
2311 13th Ave., 306-177-6164

**Kramer Times**  
2903 Powerhouse Dr.  
306-122-0428

**Reflex Cinema**  
Golden Mile Shopping Centre  
3606 Albert St., 305-328-3250

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading



#WES FUNK

## First book enjoys a second life

I always refer to my first novel *Dead Rock Stars* as the little book that could.

I wrote it several years ago, when I was still quite new to the creative writing and publishing world.

Something within me just told me that this book needed to be completed and published. Since it was shelved in 2005, it's had some interesting successes. It quickly sold out of its initial first printing and has been reprinted several times since. The novel was also shortlisted in the Readers' Choice category of the 2008 Book Week Awards and it has even been incorporated into a couple curricula. The indie book has recently been taken over by Regent's renowned Four Nickel's north Publishing, and now has a fresh layout, slightly

new cover and wider distribution.

Quickly record store owner Jack saw Bill Lewis of his father's sudden death and has to make an abrupt trip from Saskatoon to his hometown in the southern tip of the province. Jack realizes the funeral will be rough, but what he doesn't expect is to meet an old fling stranger on the way and to have a fling! With his brother about a death scare from the past. Besides being a humorous account of one man's abuse seen in his rock 'n' roll. *Dead Rock Stars* is a stirring story of diversity in the genres and acts of forgiveness.

Wes Funk is a Saskatoon based novelist and host of the weekly Saskatoon Show TV program. *Let Happiness Be Your Cherry Blossom* recently won a CBC Bookie Award.



Author Wes Funk: *saskatoonphoto*

We invite you to Verve  
"Love the Way You Look" summer sale

Up to  
**70% OFF**

all summer clothing starting July 1st.

newborn and one year up!

Yes, Verve fresh fashion to take you through the remaining days of summer – at great discounts!

And some new value and you'll love the way you look!

Verve Clothing  
2124 Balmora St. Regina  
306.225.6100 | [www.verveclothing.ca](http://www.verveclothing.ca)

Love the Way You Look!  
all new clothing, shoes, accessories  
of course from your favorite and the most!

**LUMSDEN**  
Summer Markets  
**SATURDAY, July 13<sup>th</sup>**  
**10am - 3pm**  
**LUMSDEN RINK**

Vendors, BBQ & fun for kids!

Find us on Facebook

FOR MORE INFO:  
CALL: KATHERIE  
At: 306-558-8887

LOCAL  
2500

**Treasured Moments**

DESIGNED  
FOR PEOPLE  
JUST LIKE YOU!

"Treasured Moments" is an ideal way to announce...

- engagements
- weddings
- anniversaries
- births
- birthdays
- graduations
- retirements
- reunions
- "Come & Go" events, etc.

in an attractive, inexpensive way that delivers your announcement in both print and online!

Plus by placing your announcement in "Treasured Moments" we also include your announcement on our online website for contacting calls where your announcement will also appear online for 3 months from the date that it appears in *The Leader Post*!

Call 306.781.5466 FOR MORE INFORMATION.  
Deadline is Two Fridays prior to Saturday's publication.  
A deposit is required to be received.

CLASSIFIED  
(306) 781-5466

# SHARP EATS



# SASKATCHEWAN FOOD TRENDS

## Farmers' markets shine in summer



June's Saturday morning go-to for locals and shoppers alike is the first annual Strawberry Jam Field at the new Country Farms Marketplace at Saskatoon's Centre Mall. CC PHOTO BY MICHAEL REAG



Creative menu chef Chris Miller with the salad and chicken rubbed chicken featured at a recent Farmers' Market Fresh Street dinner at the Regent. SASKATCHEWAN CC PHOTO BY TARA HEALY

By Jeann Sharp

Summer in Saskatchewan means it's time to hit a farmers' market. Vendors are stocked with plenty of early greens, fruit and even some root vegetables. Asparagus is plentiful right now too.

The beginning of July is strawberry season and to celebrate, Saskatchewan's newest market—the Country Farms Marketplace—held its first annual Strawberry Jam Festival with a straw-berry pancake breakfast and local music.

The no-eggs-ive indoor/outdoor market is held every Thursday in the Centre Mall parking lot (in front of Dalhousie and the theatre). A second market location is opening July 16 at Cumberland Mall, Okanagan, and

pot-smoking vendor Janice Holmbeck's pop-up presence at the market epitomizes the reason I love shopping at farmers' markets. She's working to build a community among the vendors and customers every Thursday.

"We like to hang out, share stories, talk about food and gardening. We learn from each other. That makes us stronger as a market," she says.

There are several vendors selling fresh produce, some with baking and jam, and others with artisan coffee and goods. George Klenzauer from the Goldenrocks Ciderery was proud to show me the first baby potatoes and beets of the season, saying "no test everybody else."

If you're going to the market, go early in the day so you can visit Janice's

Leifur stall. The traditional Norwegian bread is made from potatoes, butter, eggs and flour. She often sells out of the sweet bread by midday and offers free samples to entice customers. She makes as much of it for market days that her husband, Edward, says "our house is a little production plant."

The market is still in its infancy with about 10 full-time vendors leaving room for 30 more. If Holmbeck can attract more amazing characters like Klenzauer, the community atmosphere will only continue to grow.

\*\*\*\*\*

This summer Regent's Hotel & Conference is again offering the Farmers' Market Fresh Street every Saturday night. Check out the ingredients

from a variety of vendors at the Regent Farmers' Market held in City Square Plaza on Wednesdays and Saturdays to create the menu. The three-course dinners are about \$60 with an optional wine pairing.

Saskatoon's own chef Chris Miller says the dinners are a way to feature fresh local ingredients from Saskatchewan to their guests at the hotel, while supporting local suppliers. The chef also enjoys creating different menus each week.

"We can produce more unique dishes this way," he says.

A recent menu featured a fresh field green salad with cherry tomatoes, red potatoes (all from Blackstone Farms) and blackberries with a honey citrus drizzle (see [line-honey.com/sage](http://line-honey.com/sage)) vinaigrette

A steak rubbed steaks from Dan's Cigarerie for the main course, was accompanied by blue cheese mushroom merlot (see [berthsmarket.com](http://berthsmarket.com)), baby carrots and grilled asparagus. The macaroni came from Stika Gourmet, while the veggie was grown by Heliobopce. The dessert course was a strawberry rhubarb (also from Heliobopce) tart with vanilla bean ice cream.

The farmers will continue into October and will also be offered on Wednesday nights starting in August. Reservations are recommended and can be made by calling 306-422-3994.

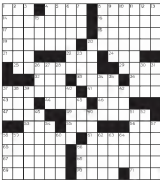
What have you been sourcing from your local farmers' market? Send me a note ([jeannsharp@starphoenix.com](mailto:jeannsharp@starphoenix.com)) or on Twitter @jeannsharp.

## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Upright ruler  
4 City views the West from Florida  
6 "Rembrandt"  
14 Accountant's debit  
16 Exclamation detail  
17 A and where  
18 Acute-dinner vehicle  
19 Super-suspense  
20 Took care of business  
21 Used item  
22 First first used on a sack of Henry's gain  
34 Wood before "keep me" "insert" and "finger" at the start of a wedding party  
35 Discoveries  
36 "I'm in" taken in comic books  
37 Ed with more than 2 to in Ron quaternions  
38 On for the birds  
39 Cheek  
40 Like many fast-time letters  
41 Double's "The Drowsy Chaperone" n.d.  
42 Return address  
44 Indecent note  
46 Teachers' union (like 47 clw) (also food thing)  
48 Supermarket option  
50 Const of 10  
51 Together: Mop  
52 "\_\_\_ man!"  
53 Elects  
54 Where something's always located?  
55 Order  
56 (Quail) ... or a feature of blue-eyes in this South  
57 World capital that's a sorry lot (see 58 clw)  
58 "Gee"  
59 Dec down in the "Go Down to the Water" film  
70 Trained Poles' mascot  
71 Clerk comment



Picture by Robert Feltus

## DOWN

- 1 Painted fence, n.d.  
3 India  
3 Across-card say  
4 Inhabited lake  
5 Lay off  
6 Exact for the cheer  
7 Game plays  
8 Santa Domingo in on one  
9 Give rise to  
10 Confronted  
11 Computerists' quest  
12 Je...  
13 Logarithm  
15 Early-second-century word  
20 Nine (person professionally)  
23 Car accident  
26 Former White House indicator  
27 It's a hole in  
28 Lie  
29 1000's order  
31 Plant, maybe  
34 Modern eagle  
35 Rock  
37 "\_\_\_ driver" (said from "The Mink")  
38 Unsuccessful 70s '80s dance  
39 Always Ben weath'ed, n.d.  
40 Award show named for a TV network  
42 Chem class may have one  
45 Little battery  
46 "Cherokee" ...  
50 Not named as times in a child's number rhyme  
51 Assured name  
52 Bird of prey  
54 In French  
57 Above 100,000 without other fact call  
58 Case that may be involved with cancer  
59 Phony  
60 Promote  
62 North Carolina eat-in  
63 Jun (year)  
64 Christie (of)  
66 Toned

## #JANRIC CLASSIC SUDOKU

## Level: Silver

Fill in the blank only using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 26

# THE COPPER KETTLE

## BUSINESS

### SPECIAL OCCASION

#### DATE NIGHT

You Fill  
In The  
Rest!



Call for location &amp; hours

1953 Scarth St.

306-525-3545



# Fun in the Sun

## Pageant

July 26, 2013  
NATURAL PAGEANT

Where: Remade Plaza Regina 1818 Victoria Ave  
Regina, SK S4P 0R1

Deadline to register July 21, 2013

Call immediately if you miss the deadline so we can still fit you into the pageant.

For payment options contact: Yvette at: 306-562-3039

Internet email transfer or paypal address: [princesspageants@gmail.com](mailto:princesspageants@gmail.com)  
Mail box and cheque (before deadline to) PO Box 24081, 2302 Broad Street, Regina, S4P 4Y6  
Day of the pageant only cash is accepted.  
Sorry no cheque or visa accepted at the clinic.

See website for further details  
<http://www.afcanadawpageants.com/fun-in-the-sun-regina>



# INVENTORY

We want to hear from you: Tell us about your local business.  
Email [qc@leaderpost.com](mailto:qc@leaderpost.com)

## # TRACK & TRAIL / SUNSHINE & SKI

Whether you're looking for a new pair or a new lawn chair, this two in one search and store can help you out. Inuit Sportswear started Sunshine & Ski 18 years ago focusing on outdoor weather sports in winter and water sports in summer.

Track & Trail was started 19 years ago with a pair of new shoes in fitness and running. But this family business is not all about movement. You can get casual apparel, laptop and outdoor furniture here too. Open daily at 4403 Albert St.

**1. RELAXED LOOK:** Wilson men's shorts \$42. Ankle men's slippers shirt \$42.

**2. ROLL ON:** Original composite longboard (quarter) \$330. Other composite longboards start at \$130.

**3. BEST FOOT FORWARD:** Nike is 0 men's (jungle) \$120. Vibram Five Finger men's \$100. Asics Gel-Noosa Two women's \$150.

**4. LIVE OUTSIDE:** Cabine Coast aluminum patio furniture. Canadian three-year warranty. Five-piece set (on sale) \$3,899. Free art table \$2,990.

**5. RUN, LADY:** Nike sport tank \$45. Nike printed soccer shorts \$45.

QC PHOTOGRAPHY: TONY FLEECE



**MUTCHMOR LODGE** Seniors Live for Less  
A safe comfortable environment including:

- Suite and individual rooms
- 24-hour nursing care and extensive medical daily
- Reasonable dining room pricing
- Light housekeeping daily
- Weekly bed linen changes
- Staff on site 24 hours a day
- Planned daily recreation
- Power, heat, water included
- Wheelchair accessible

Unit available now. At low price \$1,053.00 per month.

Yukon at 328 Century Crescent  
Edmonton, AB T6C 1G1  
Phone: 308-282-0234 Fax: 308-432-7705  
Email: [mitchmor@rednet.net](mailto:mitchmor@rednet.net) [www.mitchmorlodge.com](http://www.mitchmorlodge.com)

**CARPET CLEANING**

- Bedrooms \$20
- Deep Cleaning
- 3 Truck Mounted Units

**\$69.95** Living Room & Hall  
Expires July 25th  
Min. charge \$69.95  
**543-5913**

**SPECIAL**  
Gift Certificates Available  
**MERIT CARPET CLEANING**

**Ignite** Win up to \$100,000 Tickets Only \$20!

**50/50** Get your tickets!

UNITS ABOUT LEASING 400 STEVENSON STREET, EDMONTON, AB  
PRINCE AQUATICS & EXOTICS 545 PARK ST, EDMONTON, AB  
MEMBERSHIP SHOW BY KODAKA 7075 BRANDON ST, CALGARY, AB

**BUY YOUR TICKETS EARLY FOR YOUR CHANCE TO WIN THESE GREAT EARLY BIRD PRIZES!**

**ONE SIX PERSON HOT TUB**  
The Raycliff Club 12, has plenty of room for five adults and is the perfect size relaxing up after a day at the lake or meeting after a hard day's work. An excellent choice to take the longer 10 minutes per 1000 year, light and air mark and maintain clean.

**TWO - \$500 GIFT CARDS TO PRAIRIE AQUATICS & EXOTICS**  
Sustainable fish, reptile, amphibian and invertebrate.

**EARLY BIRD INFO:** Get your tickets before July 31st, 2013 for no quantity or three green prizes.  
The draw will be held on Prairie Aquatics & Exotics received on 542 Park St, Regina, SK at 12:30 PM SHARP on Wednesday July 31st.

**\$500** **PAE**

@ ASK ELLIE

## Husband's sudden secretiveness needs a confrontation

**Q:** What's it mean if my husband is suddenly secretive? We've been married for 11 years. He went to his high school reunion a couple of months ago, and ever since, he saws gears outside when he's on the phone. He says his business, long distance, and there's not a good connection in the house.

Also, after we're already gone to bed, he'll get up and go on his own power for over an hour. Am I being forced to snoop to know what's really going on?

### Suspicious Mind

**A:** You're being forced to snoop, not snoop. The high school reunion's become notorious for inducing nostalgia, even romance, when old friends/reunions meet again (le sigh) the added laugh/stress listed.

But your husband's obviously affected enough to block you from overhearing his conversations. Or less you're his business competitor there's no harm in your overhearing something... except if it's some thing he's trying to hide.

### Ask Ellie



Confront, but gently. There's no substantial evidence of anything beyond that. Say that you feel hurt that he's suddenly (that is, the agency word, because it makes his actions significantly behaving secretly. Say that his late-night computer activity is new and worrisome. He's distanced you from whatever's driving these changes.

If he interests angry, or just denies and shrugs down, then snooping mission may turn up the evidence you need to trust in discussing this openly. That's OK! snooping.

I do not advocate snooping as a habit! If pursued frequently at someone's trust is already gone and the

relationship is trouble. At that point, marital counseling's needed more than snooping.

**Q:** My husband (married six years) says he trusts me but he insists we have open accounts on everything—email, phones, Facebook, etc. He insists on joint bank accounts and Visa/Amex.

He says it's the best way right from the beginning, so we don't have the chance to have secrets which he believes are the beginning of cheating.

The issue is if he's right about this I sometimes feel like a dumb, since I have to ask for money to buy myself anything at all.

### Uncertain Bride

**A:** Yes, you ARE being treated as a child and it speaks volumes about his need for control.

One joint bank account is a common approach for household bills you share. So too is another joint account for saving towards some vacation and big purchases.

But ALL accounts shared puts you in the demeaning position of requesting money and explaining its use, even for buy groceries underwear or getting a new haircut.

When there's a self-appointed overseer in the marriage regarding the money and purchases, it creates inequality even if you're earning as much as he is.

And it suggests there is no true trust here. That makes the "openness" of social media and phones all about distrust, since they too will be monitored.

Insist on marital counseling about all this, now, or you'll be rebuilding later on, in divorce and frustration, he will not be able to control. Or, you'll just leave him.

**Q:** My fiancée's late husband left her over \$1 million. She wants an prenuptial agreement to safeguard her assets.

While I agree on the contract's importance, I think it changes wedding vows. If retract, and I

thought it important to safeguard my assets, I'd prefer not to get married then to ask my future spouse to sign.

I will sign the prenuptial agreement, but insist that we get married without ceremony by a Justice of the Peace at the Clerk's office and that she keep her last name. Your thoughts?

### Marrying in Miami

**A:** Many people like you, feel somewhat offended by a pre-nuptial request, even when they understand its need, in theory. But your "take their" assets positive, like she's betrayed your pig, so you'll break here.

Instead, suggest a scheduled review of the pre-nup after five years of marriage, or as agreed can that she leaves you if she passes in first.

### TIP OF THE DAY

A spouse's sudden move to secretive behavior ends for talking about it, before snooping.



## Next week in CC

How Jacqui Shumiatcher came from humble roots to become one of our city's most generous benefactors

# OUTSIDE THE LINES

## # Colouring contest

Each week artist Stephanie McKay creates a timely illustration meant to please kids of all ages. Children can colour the page, scan a picture taken with the finished product and email it to [gc@leaderpost.com](mailto:gc@leaderpost.com) by Monday at 9 a.m. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's GC colouring contest winner was **Amara Ibrahim**. Congratulations! Thanks to all for your colorful submissions. Try again this week!



## ZESTY OMELETTE!

3 egg omelette with sliced chicken breast, fresh avocado and veggies. Available until 4pm

**Ricky's**  
RESTAURANT & BAR

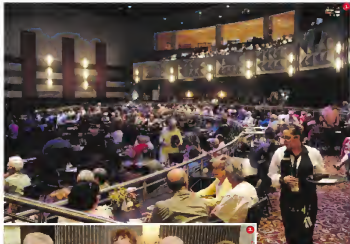
777 Albert Street • 306.775.3000  
[regina.gotorickys.com](http://regina.gotorickys.com)





# ON THE SCENE

# RORY ALLEN — ELVIS'S GOSPEL & LOVE SONGS



The King of Beasts performed twice to a packed house last weekend. Rory Allen brought his smooth sound to the Casino Regency Show Lounge, roving fans with a G-1 Blues Tribute Tour in King on Saturday and Elvis's Gospel & Love Songs on Sunday. He drew hundreds of fans, many of whom made it to both shows.

1. A view of the show lounge at Rory Allen's Elvis's Gospel & Love Songs
2. Constance Houde and Daniel Martyn
3. Joan Mitchell, Dorene Petroshyn, Luverne Stokes, Ruth Proulx and Rose Wilson
4. Kara, Herman and Elaine Vozzen
5. Mia Middleton, Danna and Marilyn Stewen and Carol Martineau
6. Dennis and Marlene Havel
7. Pezzy Lang and Audrey Anderson
8. Lindsay Marano and Mike Tausche
9. Les and Doreen Maran

QC PHOTOS BY MICHAEL BELL



# ON THE SCENE WINE WORLD

## # RORY ALLEN — ELVIS'S GOSPEL & LOVE SONGS



## # VEGAN WINE

# Notre Terre ethical choice for vegans

By James Romanow

There always have been people who think of what they eat as a moral issue (e.g. Leviticus) and I expect there always will be. One of the environmental persuasions — I just don't think in my mouth and decide whether I like it or not.

The most popular form of self-absorption currently replacing sobriety as number one on the charts is to declare you're a vegan. The more "vegan" you are, the more all-consuming the pursuit becomes. Which foods are using some slight form of "animal products"? Is there any animal gelatin in the glue you lick on an envelope?

Some vegans take such questions entirely seriously and this means they can drink almost no wine. Prior to filtering, wine is fined, a process that involves adobe and fining, substances it improves clarity. Traditionally, this was done with egg whites or gelatin, sometimes to serious vegans. (Modern winemakers, particularly the very large ones, will use other finings.)

If this is important to you, the SLGA stocks a wine certified as vegan drinkable, a Notre Terre. They fine their wine with bentonite clay and have the vegan certification to prove it (see picture).

Personally, I think certifications are a lousy way to choose wine — Manoeuvre (quality wine) anyone? However, my nuclear Nourish-



that technique of stuffing my mouth along goes the wine a gain. Both bouquet and palate are quite light and slightly neutral. The finish is short. It reminds me a little of a Beaujolais Villages although the grapes are different.

At \$14 this wine will certainly contribute to your feeling of self-denial. I'd resort to the big vatner of cheese when wine is the half the price and lined with industrial products (i.e. not egg whites or gelatin).

Organic Wine World, a Notre Terre, 2000 305-444

More on organic wine on Twitter @btoost

## Crossword/Sudoku answers

USE	PISA	ISLAND
CONCEDED	SPELL	
ARTICLES	LAND	
STRINGS	SANITARY	
NO	UP	NO
PERHAPS	NAP	
RED	SUP	ZIP
TEENAGE	INFLUENT	
IRS	VEGA	NEA
TOO	PALE	AG
ARE	YAO	RO
ALPHAS	TEAR	ROM
CHINA	FALLING	
NASTAV	ITOL	TOU
IMM	TONY	NO

4	8	9	7	1	3	5	2	6
5	2	7	6	8	4	1	9	3
3	1	6	2	9	5	8	7	4
2	6	4	9	3	8	7	5	1
9	5	3	1	7	6	4	8	2
8	7	1	4	5	2	6	3	9
6	3	5	8	4	9	2	1	7
7	4	8	3	2	1	9	6	5
1	9	2	5	6	7	3	4	8

# FOR YOUR FUTURE VIEWING PLEASURE.

SUBSCRIBE NOW TO RECEIVE THE TVTIMES! JUST 50¢ PER ISSUE.

**PLAN YOUR MOVIE NIGHTS  
WITH TVTIMES & MOVIE CENTRAL**



Movie Central channels now  
included in TVTimes listings!  
See your favourite films in the  
comfort of your own home!



NEW  
MAGAZINE  
FORMAT

Visit [leaderpost.com/subscribe](http://leaderpost.com/subscribe),  
email [readerservice@leaderpost.com](mailto:readerservice@leaderpost.com),  
call 1-800-667-8751 or mail in the opt-in form below.



Yes, I want to subscribe to the new TVTimes for 50¢ per issue in addition to my Leader-Post subscription.

Name

Address

City  Postal

Phone  Email

Please mail this form to:  
The Leader-Post Payment Centre  
PO Box 3850  
Saskatoon, Saskatchewan S7N 4B4

## PAYMENT TERM

- ☐ Auto-debit my credit card or bank account \$4.20 every 8 weeks  
☐ \$13.65 for 26 weeks ☐ \$27.30 for 52 weeks

## PAYMENT METHOD

- ☐ Cheque enclosed ☐ Void cheque enclosed  
☐ VISA ☐ MASTERCARD ☐ AMEX

Card#

Card#

Expiry

Expiry

Signature

Audio Warehouse's  
**NOT A CENT  
EVENT!**

**NO** INTEREST  
ADMIN FEES  
PRE-PAID TAXES  
**UNTIL 2014**

OAC

**THINK BIG. THINK SHARP** SHARP AQUOS



**SHARP**

80" FULL HDTV 1080p LED TV

More than double the screen area of a 55" Class

- Connected TV with Vudu™ & Netflix\*
- Hyper Drive™ game mode eliminates perceptible lag between game console and the TV display
- Built-in Wi-Fi
- UltraBrilliant LED System
- 120Hz Fine Motion Enhanced™ for improved fast motion picture quality
- Dual USB inputs - enable viewing high resolution video, music and digital photos on the TV

**\$3999<sup>99</sup>**

**SHARP** LE650

FULL HD 1080p AQUOS LED Smart TV

- Smart TV with Dual Core Processor and built-in Wi-Fi and TV split Screen
- LED Display and 4M:1 Contrast ratio

**60"**  
**\$1599<sup>99</sup>**

**70"**  
**\$2599<sup>99</sup>**

**SHARP** LE745U  
90" FULL HD 1080 AQUOS  
3D LED 5MART TV

"WORLD'S LARGEST LED TV"

- Smart TV with Dual Core Processor and built-in Wi-Fi
- 8M:1 contrast ratio
- 240 Hz
- Ultra Brilliant LED System
- 3D/2D Mode Conversion

**\$9999<sup>99</sup>**

**SHARP** LE757U

FULL HD 1080p AQUOS 3D LED

Smart TV with Quattron

- 240Hz Quattron for a billion colors and more powerful picture
- Smart TV with Dual Core Processor
- Advanced Pixel structure and a 10M:1 contrast ratio

**60"**  
**\$2499<sup>99</sup>**

**70"**  
**\$3599<sup>99</sup>**

**SHARP** LE550U

FULL HD 1080p AQUOS LED TV with

120Hz Fine Motion Enhanced technology  
virtually eliminates blur and motion  
artifacts in fast-moving video

**60"**  
**\$1499<sup>99</sup>**

**70"**  
**\$2499<sup>99</sup>**

**CITY-WIDE DELIVERY  
& SETUP AVAILABLE**

**REGINA**

1329 Lorne St.  
S2S-0126

**SASKATOON**

1601 Quebec Ave.  
S4S-0S55

**YORKTON**

44 Deacup Ave. N.  
S7B-6677

**PRINCE ALBERT**

1525 5th Ave. E  
S6B-3361



**We Service  
What We Sell**

**AUDIO  
WAREHOUSE**

**www.audiowarehouse.ca**

In-Store Service Department with Low Extended Warranty Rates.